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18. (Amended) An article of manufacture consisting essentially of:
a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or
osmium carbene catalyst; and
one or more toughness and/or hardness modulators.

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25. (Amended) A process for preparing a composition having hardness or toughness
properties consisting essentially of contacting a cyclic olefin with a ruthenium or osmium
carbene catalyst and one or more hardness and/or toughness modulators.

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34. (Amended) A composition comprising:
a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or
osmium carbene catalyst; and one or more toughness modulators; wherein the olefin
monomer is a dicyclopentadiene and the one or more toughness modulators is
poly(dimethylsiloxane) or poly(diphenylsiloxane).

Please add new claims 35-36 as follows:

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35. (New) The process of claim 25 wherein the cyclic olefin is dicyclopentadiene.
36. (New) The composition of claim 1 wherein the olefin monomer is dicyclopentadiene.
37. (New) A composition comprising:
a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or
osmium carbene catalyst; and
one or more toughness and/or hardness modulators, wherein the one or more
toughness modulators comprises a silicone.

38. (New) The composition of claim 37, wherein the silicone is a polysiloxane.

39. (New) The composition of claim 38, wherein the polysiloxane is a poly(dimethylsiloxane) or a poly(diphenylsiloxane).

40. (New) An article of manufacture comprising:

a polyolefin prepared by the metathesis of an olefin monomer using a ruthenium or osmium carbene catalyst; and

one or more toughness and/or hardness modulators,

wherein the polyolefin is poly-DCPD, and wherein the article is a molded part selected from the group consisting of a golf club head and a golf club shaft.

41. (New) A process for preparing a composition having hardness or toughness properties comprising contacting a cyclic olefin with a ruthenium or osmium carbene catalyst and one or more hardness and/or toughness modulators, wherein the one or more toughness modulators comprises a silicone.

42. (New) The process of claim 41, wherein the silicone is a polysiloxane.

43. (New) The process of claim 42, wherein the polysiloxane is a poly(dimethylsiloxane) or a poly(diphenylsiloxane).